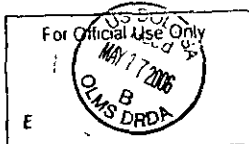


# FORM LM-30

## LABOR ORGANIZATION OFFICER AND EMPLOYEE REPORT

Form approved  
Office of Management  
and Budget  
No 1215-0188  
Expires 11-30-2006

This report is mandatory under F.L. 86-257, as amended. Failure to comply may result in criminal prosecution, fines, or civil penalties as provided by 29 U.S.C. 439 or 440.



READ THE INSTRUCTIONS CAREFULLY BEFORE PREPARING THIS REPORT.

1. File Number U- <b>25603</b>	2. Fiscal Year Covered From: <b>JAN / 01 / 2005</b> Through: <b>DEC / 31 / 2005</b>
3. Name and address of person filing. Name <b>ANTHONY M HELFER</b>  P.O. Box, Bldg., Room No., if any <b>88 RIDGECREST ROAD</b> Street <b>WHEELING</b> City <b>WV</b> State ZIP Code + 4 <b>26003</b>	4. Name, file number, and address of labor organization. <b>UNITED FOOD AND COMMERCIAL WORKERS LOCAL 23</b> Name <b>515-974</b> Labor Organization File Number <b>SUITE 300</b> P.O. Box, Building and Room Number, if any <b>345 SOUTHPOINTE BLVD</b> Street <b>CANONSBURG</b> City <b>PA</b> State ZIP Code + 4 <b>15317</b>
5. Position in labor organization.	

Enter appropriate data below II, during the past fiscal year, you or your spouse or minor child directly or indirectly had any of the following interests (except as specified in the exclusions set forth in the instructions):

A. Held an interest in, engaged in transactions (including loans) with, or derived income or other economic benefit of monetary value from an employer whose employees your organization represents or is actively seeking to represent.	
6. Name and address of Employer (including trade name, if any). Name Trade Name, if any: P.O. Box, Bldg., Room No., if any Street City State ZIP Code + 4	7. a. Nature of Interest, Transaction, or Income.  7. b. Amount.

Signature

15. Signature and verification. The undersigned declares, under penalty of Perjury and other applicable penalties of the law, that all of the information submitted in this report (including the information contained in any accompanying documents), has been examined by the signatory and is, to the best of the undersigned's knowledge and belief, true, correct, and complete. (See the section on penalties in the instructions.)

Signed

On

**5-5-06**

Date

**724-514-3228**

Telephone Number

Name of Person Filing

ANTHONY M HELFER

File Number U-

B. Held an interest in or derived income or economic benefit with monetary value from a business (1) a substantial part of which consists of buying from, selling or leasing to, or otherwise dealing with the business of an employer whose employees your labor organization represents or is actively seeking to represent, or (2) any part of which consists of buying from or selling or leasing directly or indirectly to, or otherwise dealing with your labor organization or with a trust in which your labor organization is interested.

8. Name and address of Business (including trade name, if any).

Name AKMAN &amp; ASSOCIATES

Trade Name, if any:

P.O. Box, Bldg., Room No., if any

Street 1402 FRONT AVE

City LUTHERVILLE

State MD ZIP Code + 4 21093

9. Business deals with:

a. Labor Organization

b. Trust

c. Employer

10. If 9.b. or 9.c. is checked give trust or employer's name.

Name UFCW LOCAL 23 &amp; EMPLOYERS LEGAL FUND

Trade Name, if any:

SUITE 200

P.O. Box, Bldg., Room No., if any

345 SOUTHPOINTE BLVD

Street:

CANONS BURG

City

PA

State

ZIP Code + 4

15317

11.a. Nature of such dealing.

PROVIDER OF LEGAL BENEFITS

11.b. Approximate dollar value of such dealing.

12.a. Nature of interest held or income received.

CHRISTMAS GIFT

12.b. Amount. \$199.00

C. Received from any employer (other than an employer covered under parts A and B above) or from any labor relations consultant to an employer any payment of money or other thing of value.

13.a. Name and address of Employer or Labor Relations Consultant (including trade name, if any).

Name

Trade Name, if any:

P.O. Box, Bldg., Room No., if any

Street

City

State

ZIP Code + 4

14.a. Nature of payment.

13.b. Is the Business an Employer

or Consultant

?

14.b. Amount of payment.